

### **Abstract of the Invention**

A method is provided for organizing a communications frame structure with selectable synchronization words. The frame structure includes a header section for overhead bits. The number of bits, position of those bits, and the content of the bits used for synchronization of the frame structure are selected from the header section for use in transmitting information. On the receiving end of the transmission, the same number, position, and content of bits are selected to synchronize the received information stream. A communications repeater and system using the above-described selectable frame synchronization structure method is also provided.